

# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON HEALTH AND FITNESS LTD. office, or write:

ICON HEALTH AND FITNESS LTD.  
Greenwich House  
223 North Street  
Sheepscar  
Leeds LS7 2AA  
West Yorkshire

Tel: Country Code:

**0345-089009**

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (HREVEL05983)
- The NAME OF THE PRODUCT (HealthRider® E330 elliptical crosstrainer)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 18 of this manual.

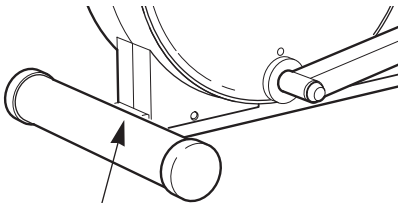
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**HEALTHRIDER**  
ELLIPTICAL CROSSTRAINER

**E330**

## USER'S MANUAL

Model No. HREVEL05983  
Serial No. \_\_\_\_\_



Serial Number Decal

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

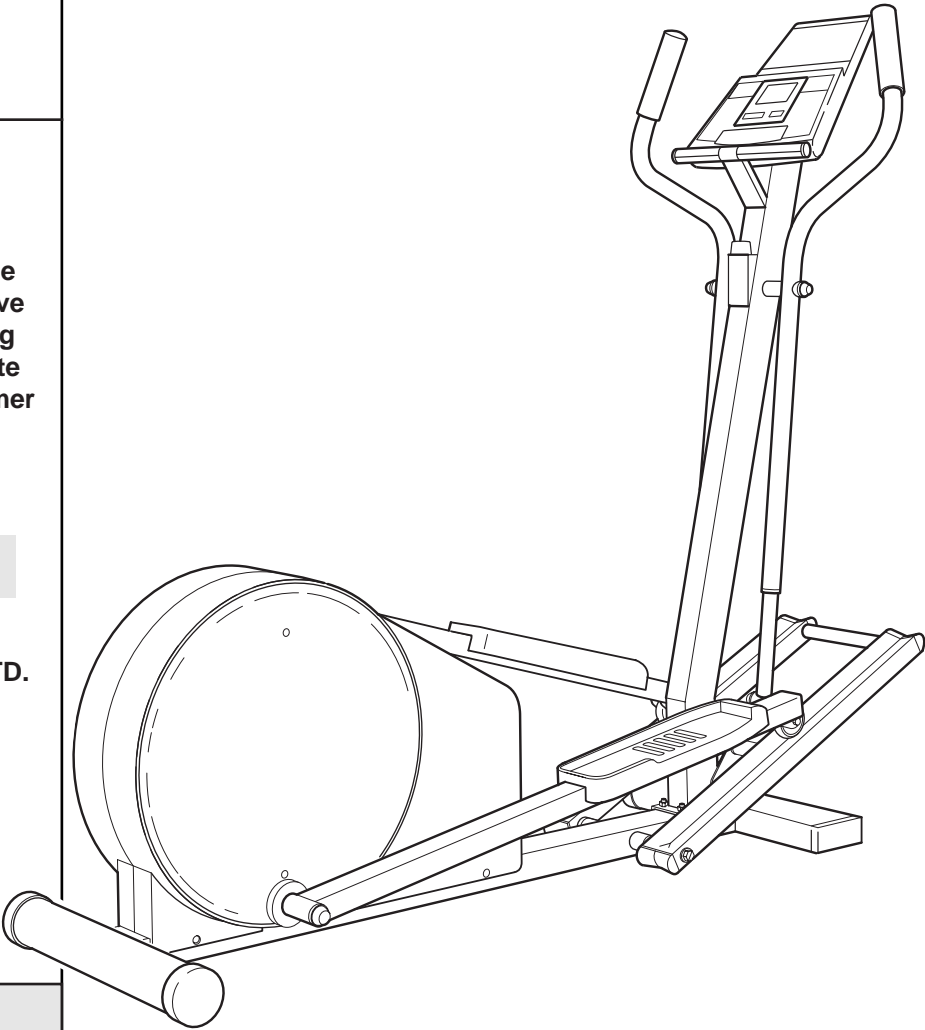
Please CALL:

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Or WRITE:  
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Greenwich House  
223 North Street  
Sheepscar  
Leeds LS7 2AA  
West Yorkshire

### CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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*new products, prizes,  
fitness tips, and much more!*

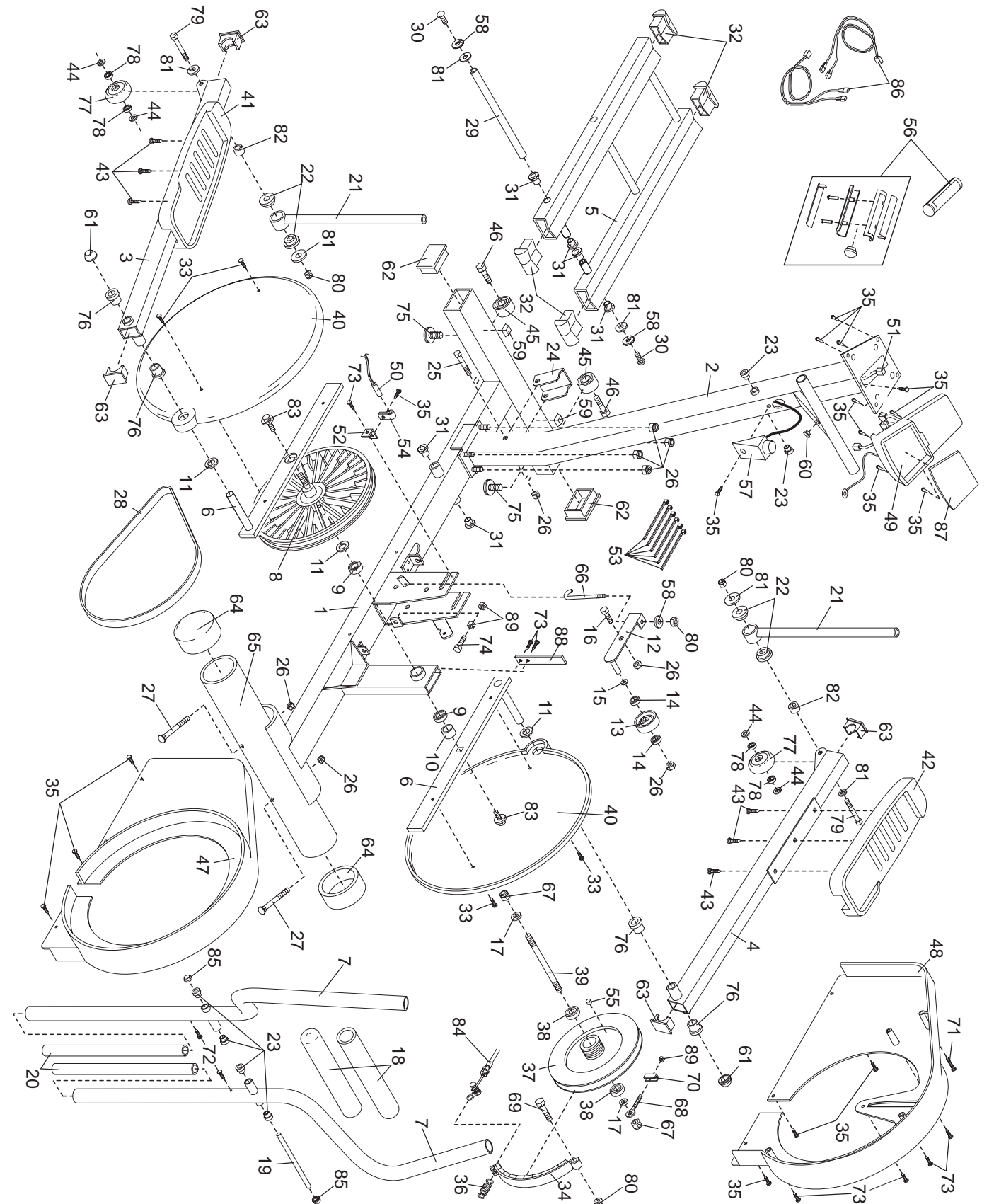


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## EXPLODED DRAWING—Model No. HREVEL05983

R0500A



PART LIST—Model No. HREVEL05983

R0500A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	49	1	Console Base
2	1	Upright	50	1	Reed Switch/Wire
3	1	Left Pedal Arm	51	1	Extension Wire
4	1	Right Pedal Arm	52	1	Reed Switch Bracket
5	1	Incline Frame	53	6	Plastic Tie
6	2	Crank Arm	54	1	Reed Switch Clamp
7	2	Upper Body Arm	55	1	Magnet
8	1	Large Pulley	56	2	Pulse Grip
9	2	Frame Bearing	57	1	Resistance Control/Cable
10	1	Nylon Spacer	58	3	M8 Split Washer
11	3	Nylon Washer	59	2	Bumper
12	1	Idler Bracket	60	1	Upright Cap
13	1	Pulley	61	2	3/4" Axle Cap
14	2	Idler Bearing	62	2	2" x 3" Cap
15	1	3/8" Washer	63	4	1" x 2" Cap
16	1	3/8" x 1" Screw	64	2	3 1/2" Round Cap
17	2	3/8" Flat Washer	65	1	Rear Stabiliser
18	2	Grip	66	1	Hook
19	1	Axle	67	2	3/8" Nylon Jam Nut
20	2	Plastic Handlebar Sleeve	68	1	1/4" Eyebolt
21	2	Chrome Tube	69	1	M8 Shoulder Bolt
22	4	Chrome Tube Bushing	70	1	Adjustment Bracket
23	6	Handlebar Bushing	71	1	M4 x 63.5mm Screw
24	1	Incline Bracket	72	2	M5 x 6mm Screw
25	1	M10 x 85mm Bolt	73	7	M5 x 16mm Screw
26	9	M10 Nylon Locknut	74	1	M6 x 64mm Screw
27	2	M10 x 105mm Carriage Bolt	75	2	Levelling Pad
28	1	Belt	76	4	Pedal Bushing
29	1	Incline Axle	77	2	Pedal Wheel
30	2	Axle Screw	78	4	Pedal Wheel Bearing
31	6	Incline Bushing	79	2	M8 x 108mm Button Head Bolt
32	4	Incline Frame Cap	80	4	M8 Nylon Locknut
33	4	M5 x 25mm Screw	81	6	M8 Washer
34	1	Eddy Bracket	82	2	Chrome Tube Spacer
35	17	M4 x 16mm Screw	83	2	5/16" x 3/4" Nylon Lock Bolt
36	1	Spring	84	1	Extension Cable
37	1	Flywheel	85	2	5/8" Axle Cap
38	2	Flywheel Bearing	86	2	Pulse Wire
39	1	Flywheel Axle	87	1	Console
40	2	Pedal Disk	88	1	Side Shield Support Strip
41	1	Left Pedal	89	3	M6 Nut
42	1	Right Pedal	#	1	Teflon® Lubricant
43	6	M4 x 16mm Flange Screw	#	2	Side Shield Decal
44	4	Spacer	#	1	Warning Decal
45	2	Wheel	#	1	Grease Packet
46	2	3/8" x 1 3/4" Button Head Screw	#	1	Allen Wrench
47	1	Left Side Shield	#	1	User's Manual
48	1	Right Side Shield			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.

2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.

3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.

4. Inspect and tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.

6. Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.

7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.

8. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds (115 kgs).

9. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only

as an exercise aid in determining heart rate trends in general.

10. When you stop exercising, allow the pedals to slowly come to a stop.

11. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.

12. If you feel pain or dizziness whilst exercising, stop immediately.

13. The elliptical crosstrainer is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.

14. The decal shown below is found on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department at 0345-089009 to order a free replacement. Apply the decal in the location shown.
- 
- ⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 18
- 3

# BEFORE YOU BEGIN

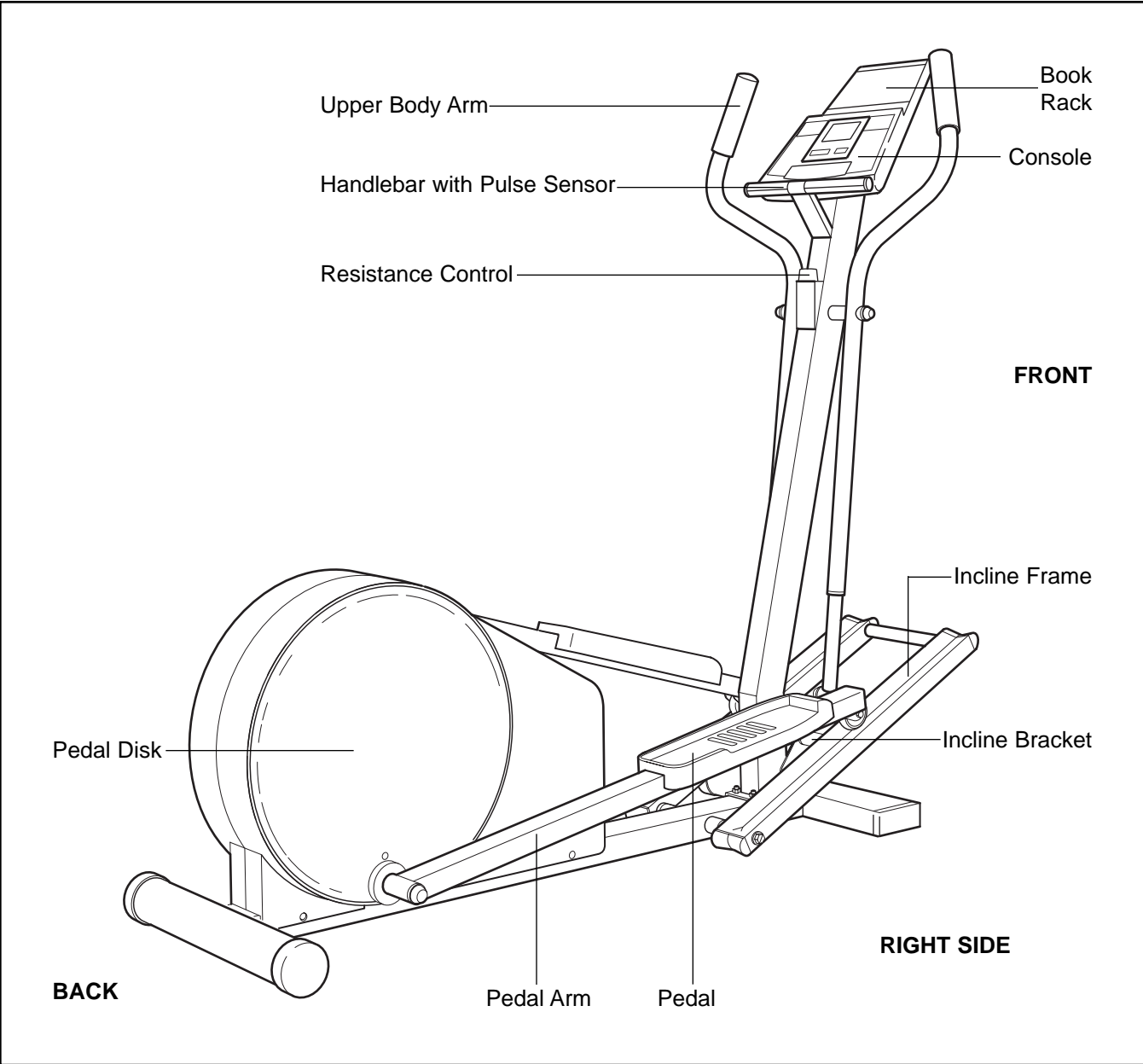
Congratulations for selecting the revolutionary HealthRider® E330 elliptical crosstrainer. The HealthRider® E330 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique E330 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

**For your benefit, read this manual carefully before you use the HealthRider® E330.** If you have addition-

al questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is HREVEL05983. The serial number can be found on a decal attached to the HealthRider® E330 (see the front cover of this manual for the location of the decal).

Before reading further, please look at the drawing below and familiarise yourself with the parts that are labelled.

# NOTES





Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

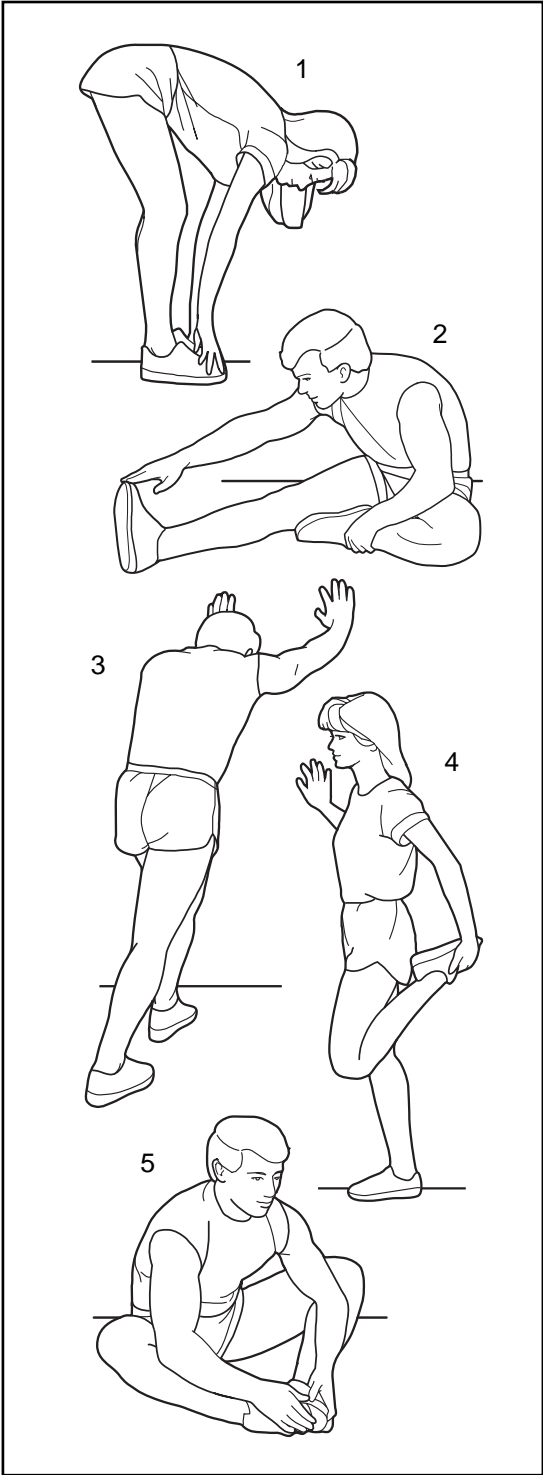
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

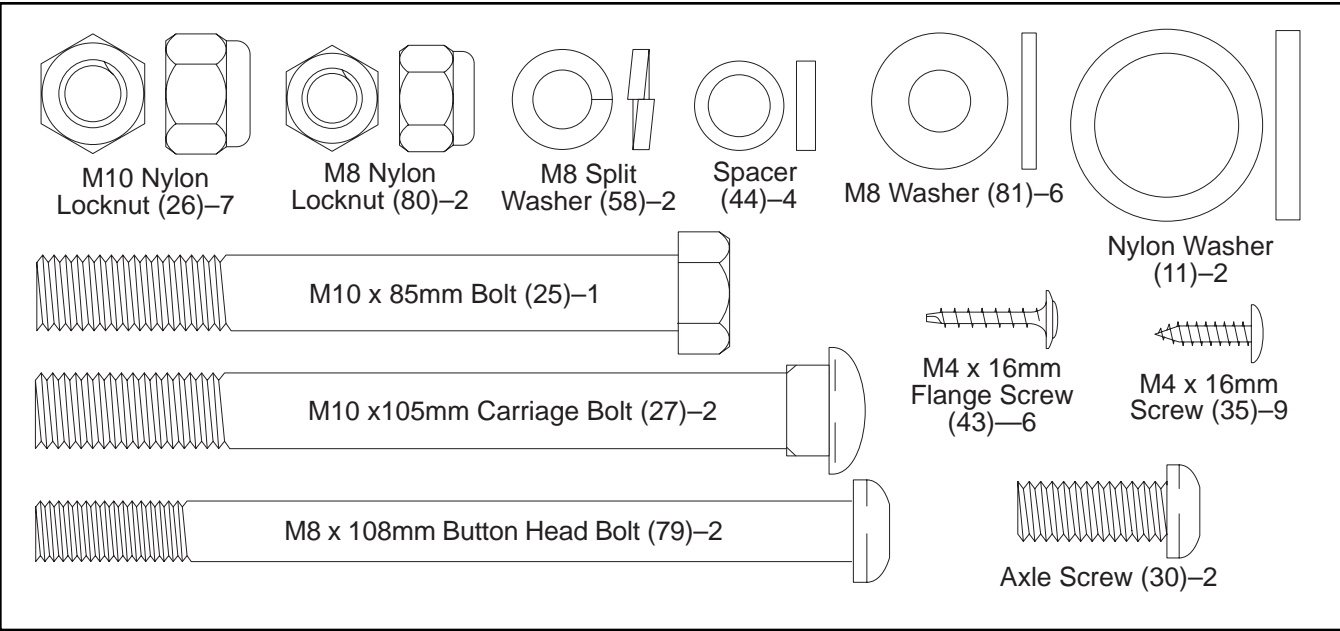


ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. If assistance is needed, please call our **Customer Service Department at 0345-089009.**

**Assembly requires the following tools:** the included allen wrench, a phillips screwdriver, an adjustable spanner, a rubber mallet, and pliers.

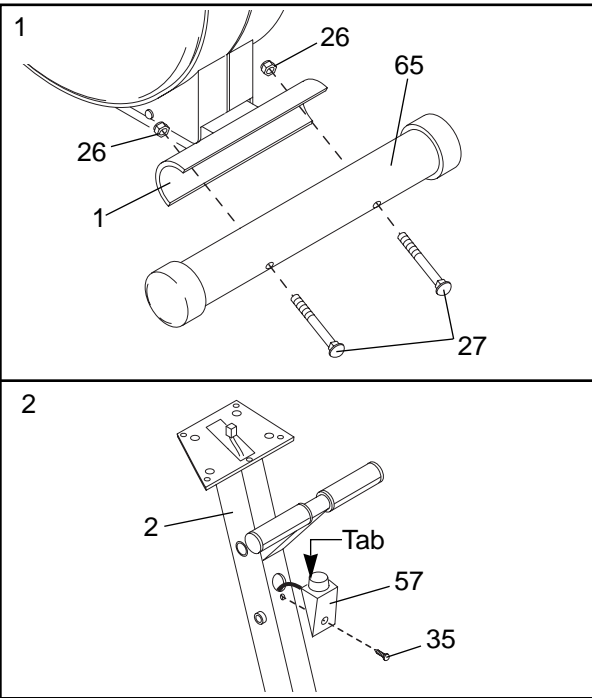
During assembly, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Hold the Rear Stabiliser (65) against the saddle on the rear of the Frame (1). Make sure that the Rear Stabiliser is turned so the square holes are facing away from the Frame. Attach the Rear Stabiliser with two M10 x 105mm Carriage Bolts (27) and two M10 Nylon Locknuts (26).

2. Turn the Resistance Control (57) counterclockwise to the minimum setting.

If the Resistance Control (57) is attached to the Upright (2), remove the M4 x 16mm Screw (35). Pull the bottom of the Resistance Control away from the Upright and then slide it down to remove it.



3. Lay a cloth over the front of the Frame (1) to protect it. Lay the Upright (2) in the position shown. Connect the Extension Wire (51) to the Reed Switch Wire (50).

Next, connect the Resistance Cable (57) to the Extension Cable (84) in the following way:

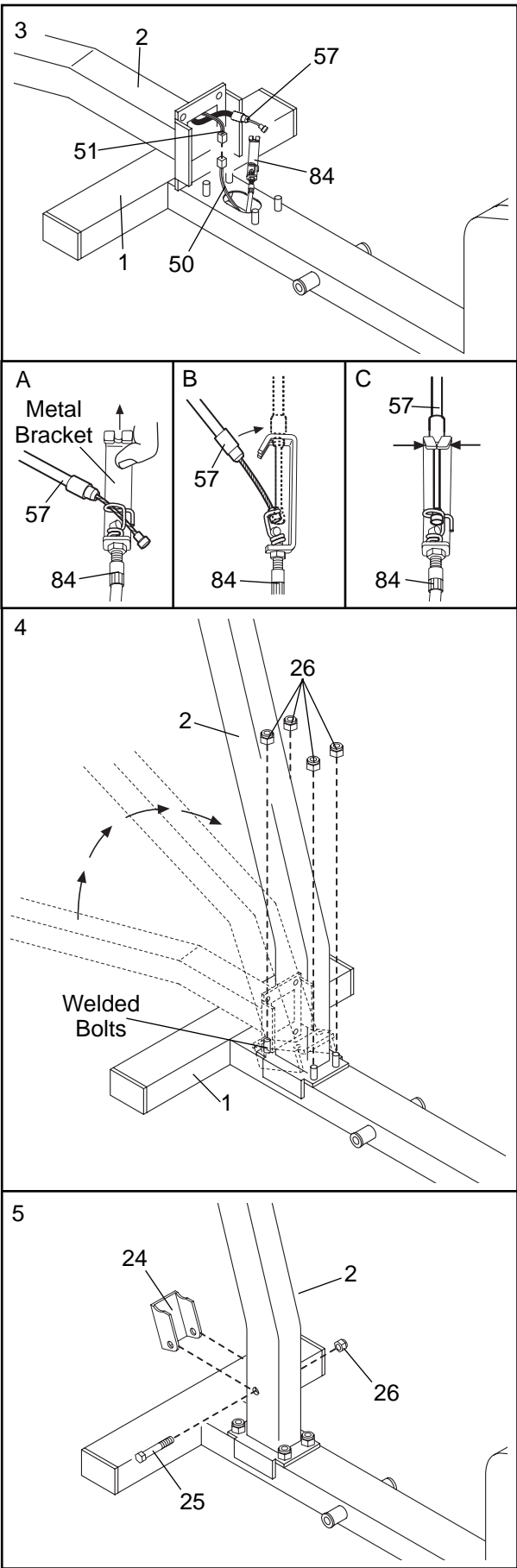
- Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (57) into the wire clip on the Extension Cable (84) as shown.
- Refer to drawing B. **Firmly** pull the Resistance Cable (57) and slide it into the metal bracket on the Extension Cable (84) as shown.
- Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

4. Align the two holes in the front of the Upright (2) with the two welded bolts on the front of the Frame (1). Carefully push the Reed Switch Wire (not shown) into the Upright until there is no slack.

Next, pivot the Upright (2) about halfway to the vertical position whilst guiding the metal bracket on the Extension Cable (not shown) into the Upright. Once the top edge of the metal bracket is inside the Upright, pivot the Upright to the vertical position so it rests on the four welded bolts on the Frame (1). **Be careful to avoid pinching the wires.** Tighten an M10 Nylon Locknut (26) onto each welded bolt.


Refer to assembly step 2. Insert the tab on the Resistance Control (57) into the Upright (2). Next, press the bottom of the Resistance Control against the Upright. Tighten the M4 x16mm Screw (35) into the Resistance Control and the Upright.

5. Attach the Incline Bracket (24) to the lower end of the Upright (2) with the M10 x 85mm Bolt (25) and an M10 Nylon Locknut (26). **Do not overtighten the Nylon Locknut; the Incline Bracket must pivot easily.**



# CONDITIONING GUIDELINES

The following basic guidelines will help you to plan your exercise program. For more detailed information, obtain a reputable book or consult your physician.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

## EXERCISE INTENSITY


Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140

## Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise.

**WARNING:** The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone.

## WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

## Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

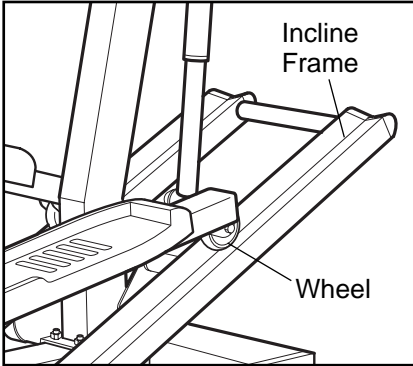
## Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

# MAINTENANCE AND TROUBLE-SHOOTING

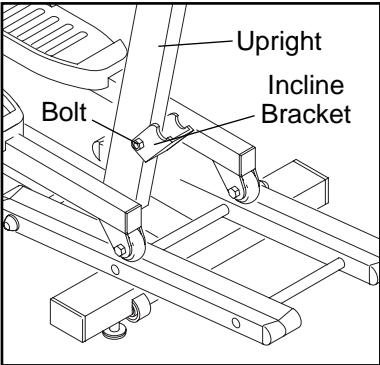
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**



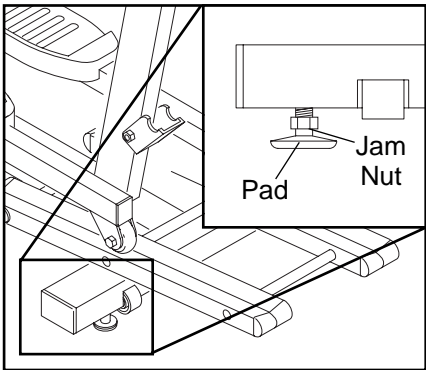
## LUBRICATING THE INCLINE BRACKET

The incline bracket and the bolt on which it pivots should be regularly lubricated. Apply a small amount of the included lubricant to the bolt and between the bracket and the upright.



## HOW TO LEVEL THE ELLIPTICAL CROSS-TRAINER

If the elliptical crosstrainer does not sit flat on the floor, one or both of the levelling pads should be adjusted. First, loosen the jam nut on each levelling pad. Next, turn the levelling pads as needed until the elliptical crosstrainer is level. When the levelling pads are properly adjusted, firmly retighten the jam nuts.



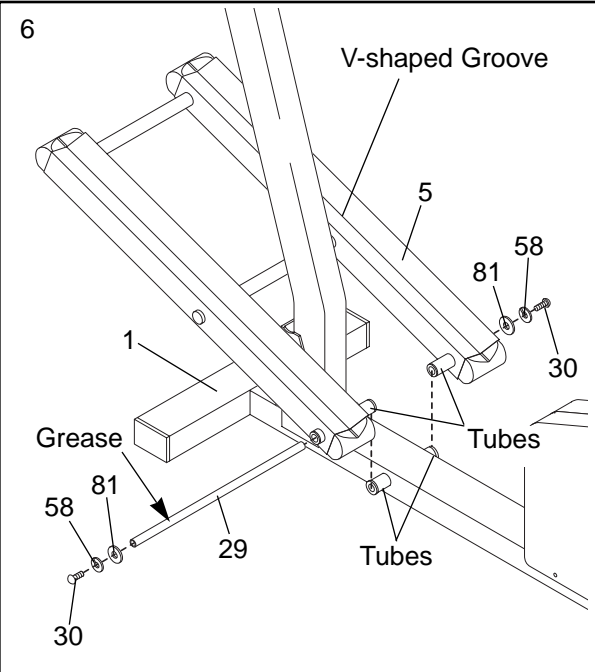
## PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands whilst using the pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

6. Slide an M8 Split Washer (58) and an M8 Washer (81) onto an Axle Screw (30). Tighten the Axle Screw into one end of the Incline Axle (29). Next, apply a small amount of the included grease to the Incline Axle.

Align the indicated tubes on the Incline Frame (5) with the tubes on the Base (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) through the Incline Frame and the Base. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

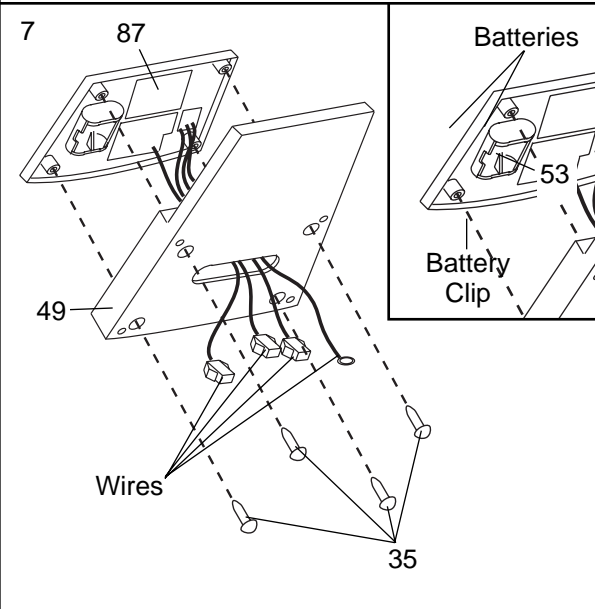
Slide an M8 Split Washer (58) and an M8 Washer (81) onto the other Axle Screw (30). Tighten the Axle Screw into the open end of the Incline Axle (29).



7. The Console (87) requires two 1.5V batteries (not included). Alkaline batteries are recommended. To install batteries, turn the console over and insert two batteries into the battery clip as shown in the inset drawing. **Make sure that the negative ends of the batteries (marked “—”) are touching the springs in the battery clip.**

Attach a Plastic Tie (53) to the battery clip as shown.

Attach the Console (87) to the Console Base (49) with four M4 x 16mm Screws (35), making sure that the indicated wires are extending from the Console Base (49). **Be careful not to pinch the wires.**

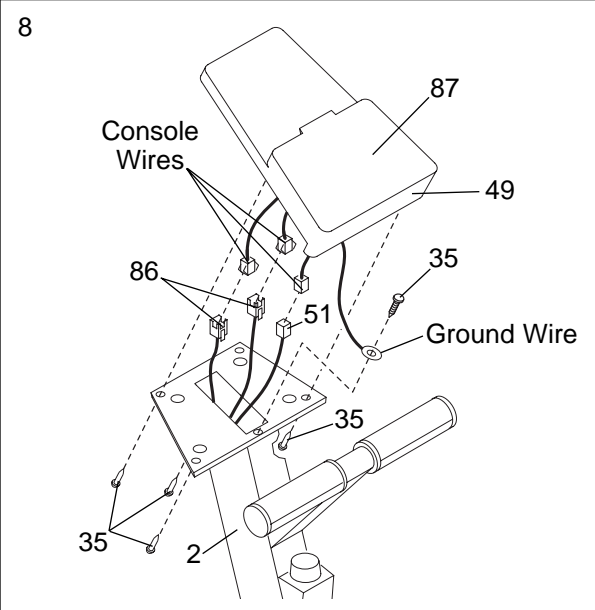


8. Connect the Extension Wire (51) to the corresponding wire on the Console (87).

Next, connect the two Pulse Wires (86) to the two remaining wires on the Console (87). Note: Either Pulse Wire can be attached to either wire on the Console.

Next, connect the ground wire to the indicated hole in the Upright (2) with an M4 x 16mm Screw (35).

Carefully feed the wires down into the Upright (2). Attach the Console Base (49) to the Upright with four M4 x 16mm Screws (35). **Be careful to avoid pinching the wires.**





9. Identify the Left Pedal Arm (3), which has an “L” sticker on it. **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (not shown); look at the position of the round tube in the inset drawing to identify the Left Pedal Arm.** Next, identify the Left Pedal (41), which has the letter “L” molded onto the bottom.

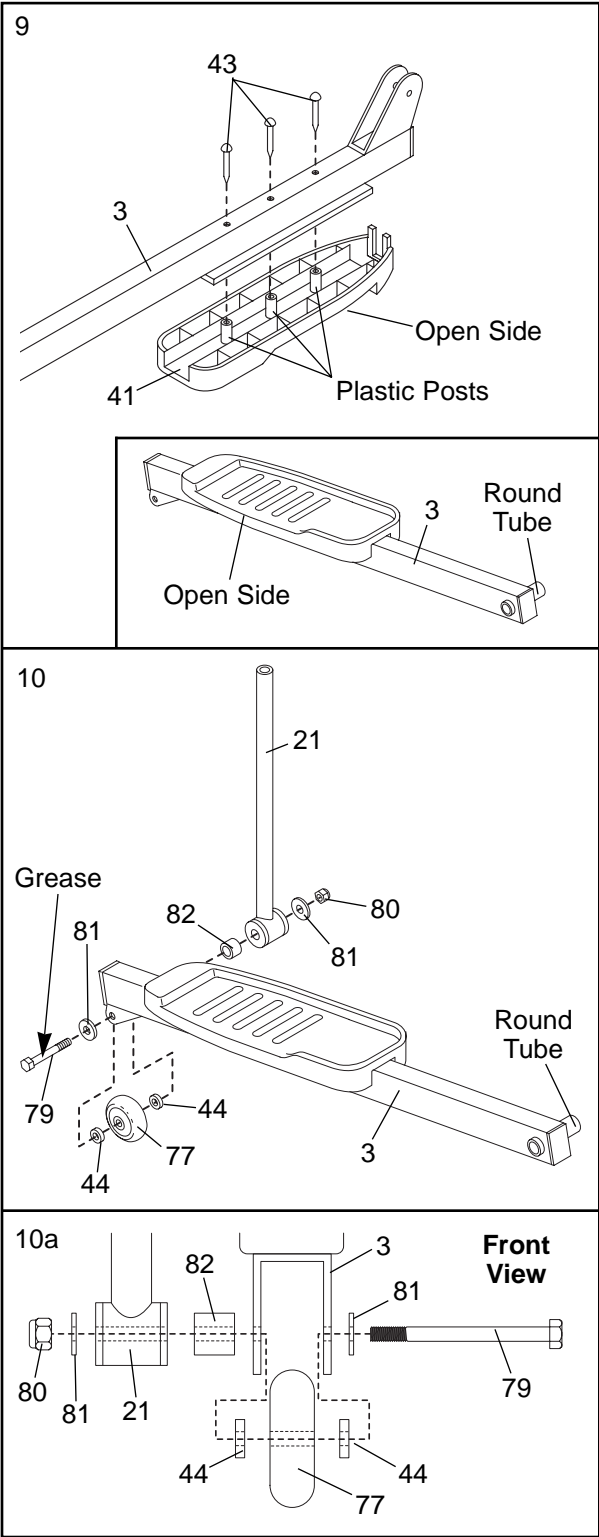
Turn over the Left Pedal Arm (3) as shown. Insert the three plastic posts on the Left Pedal (41) into the three indicated holes in the Left Pedal Arm. **Make sure that the Left Pedal is turned as shown.** Attach the Left Pedal with three M4 x 16mm Flange Screws (43).

Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.

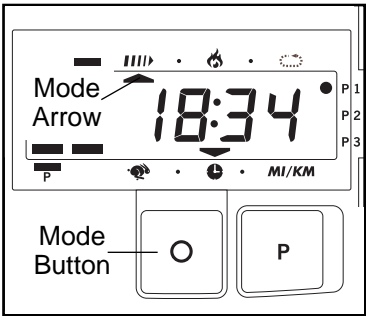
10. Apply grease to an M8 x 108mm Button Head Bolt (79). Slide an M8 Washer (81) onto the Bolt and insert the Bolt into the indicated side of the Left Pedal Arm (3). **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (not shown); look at the position of the round tube to identify the Left Pedal Arm.** Next, slide a Spacer (44), a Pedal Wheel (77), and another Spacer (44) onto the Bolt and push the Bolt through the other side of the Left Pedal Arm.

Next, slide a Tube Spacer (82), a Chrome Tube (21), and an M8 Washer (81) onto the M8 x 108mm Button Head Bolt (79). Tighten an M8 Nylon Locknut (80) onto the Bolt.

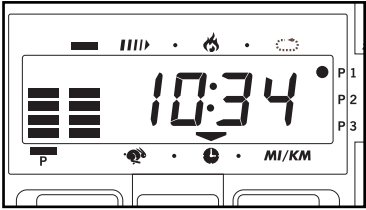
Attach the other Chrome Tube (not shown) to the Right Pedal Arm (not shown) in the same way.



**The scan mode—**Repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, lap and calorie modes, for 5 seconds each, in a repeating cycle.



**The speed, time, distance, lap, or calorie mode—**Repeatedly press the mode button until an arrow appears below or above the desired mode symbol. Make sure that there is not an arrow under the scan symbol.

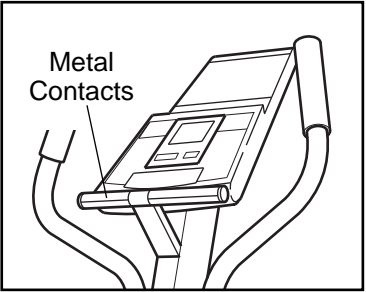


**The pulse mode—**To use the pulse mode, see step 5.

To reset the display, press the on/reset button.

**5 Measure your heart rate if desired**

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. After a moment, the heart-shaped indicator in the display will begin to flash and your



heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

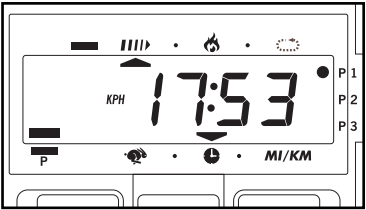
Make sure that your hands are positioned as described above, and that you are not moving your hands excessively or squeezing the metal contacts too tightly.

**6 Turn off the power**

**To turn off the power, simply wait for about six minutes.** If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

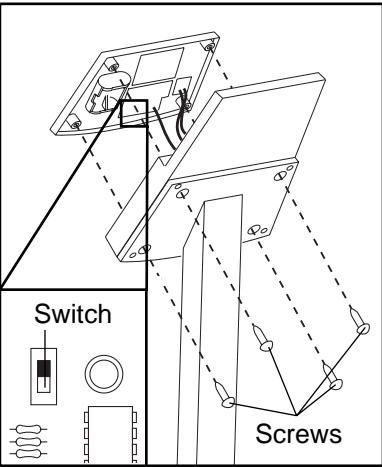
**HOW TO SELECT KILOMETRES OR MILES**

The console can display distance and speed in either kilometres or miles. If a “KPH” appears in the display, distance and speed will be shown in kilometres; if a “KPH” does not appear, distance and speed will be shown in miles.



To change the unit of measurement, first remove the four indicated screws from the console. Lift the console a few inches and turn it over; **be careful not to pull on the wires.**

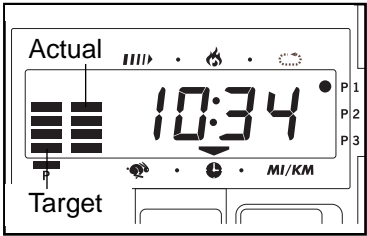
Next, locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws; **be careful not to pinch any of the wires.**



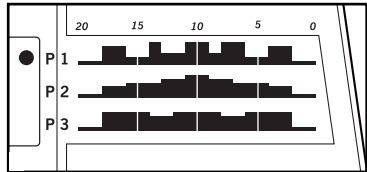


HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace and the right column shows your actual exercising pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your exercising pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (P2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last for twenty minutes.



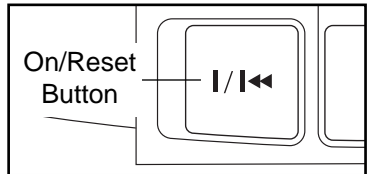
STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, two batteries must be installed. (See assembly step 7 on page 7.)

Follow the steps below to operate the console.

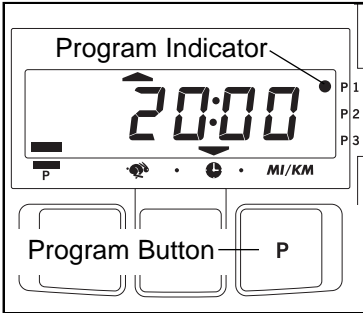
1 Turn on the power

To turn on the power, press the on/reset button or simply begin exercising. The entire display will appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.



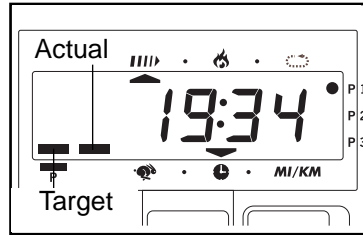
2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.



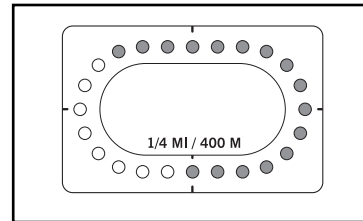
3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual exercising pace. Adjust your exercising pace until only one bar appears in the right column. Each time the target pace changes during the program, adjust your exercising pace to keep both columns at the same height.



4 Follow your progress with the LED track and the seven monitor modes

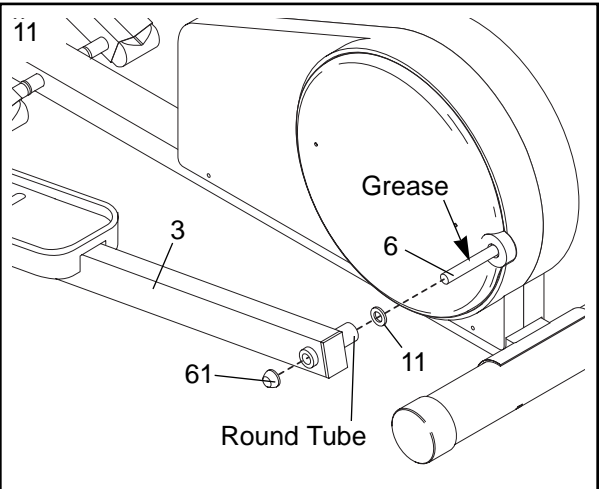
The LED track—The LED track represents a distance of 0.25 kilometres or miles. As you exercise, the indicators around the track will light one at a time until you have completed one lap. A new lap will then begin.



11. Apply a small amount of grease to the axle on the left Crank Arm (6).

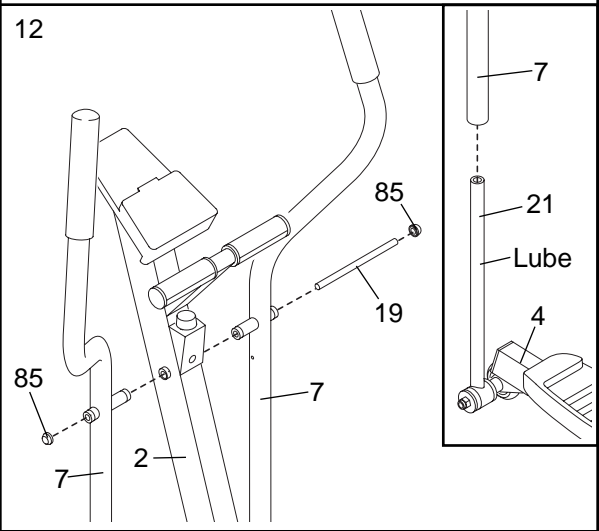
Slide a Nylon Washer (11) and the Left Pedal Arm (3) onto the axle on the left Crank Arm (6). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Arm with the Right Pedal Arm (not shown); look at the position of the round tube to identify the Left Pedal Arm.** Next, tap a 3/4" Axle Cap (61) onto the axle.

Attach the Right Pedal Arm (not shown) in the same way.



12. Refer to the inset drawing. Apply a small amount of the included Teflon® lubricant to a paper towel; rub a thin film of the lubricant onto each of the Chrome Tubes (21). Slide an Upper Body Arm (7) onto each Chrome Tube. **Make sure that the Upper Body Arms are turned as shown.**

Tap a 5/8" Axle Cap (85) onto one end of the Axle (19). Insert the Axle through one of the Upper Body Arms (7) and then through the Upright (2). Slide the other Upper Body Arm (7) onto the Axle. Tap another 5/8" Axle Cap (85) onto the Axle.

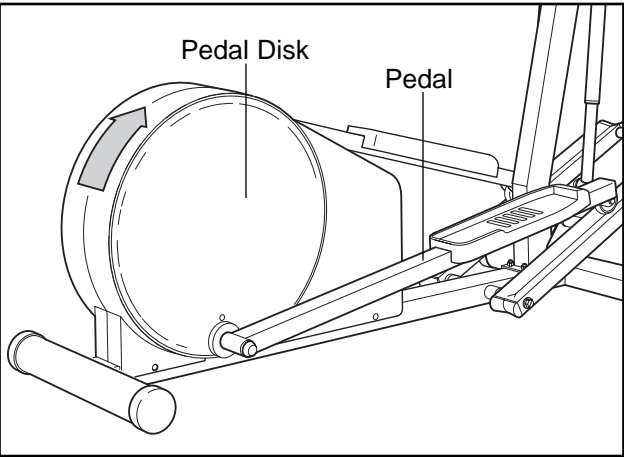


13. Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

# HOW TO USE THE ELLIPTICAL CROSSTRAINER

## EXERCISING ON THE ELLIPTICAL CROSSTRAINER

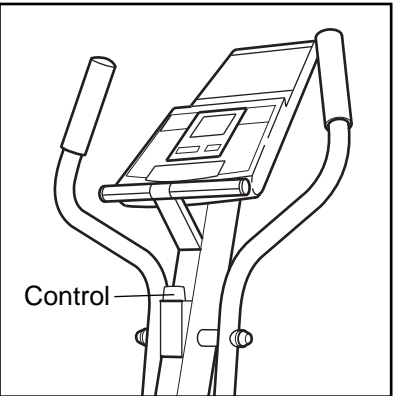
To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Important: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

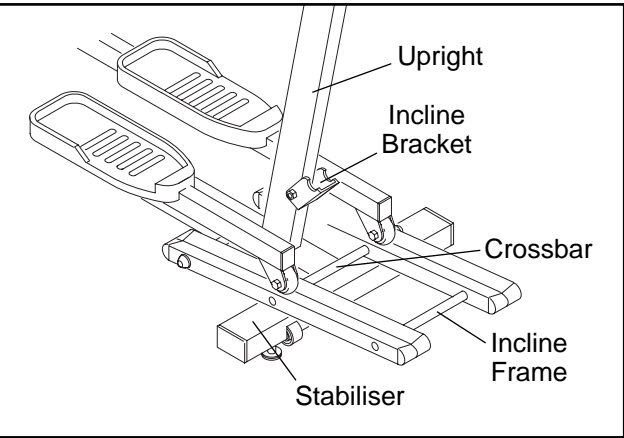
## HOW TO ADJUST THE RESISTANCE

To adjust the intensity of your exercise, the resistance of the pedals can be adjusted. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise.



## INCLINE ADJUSTMENT

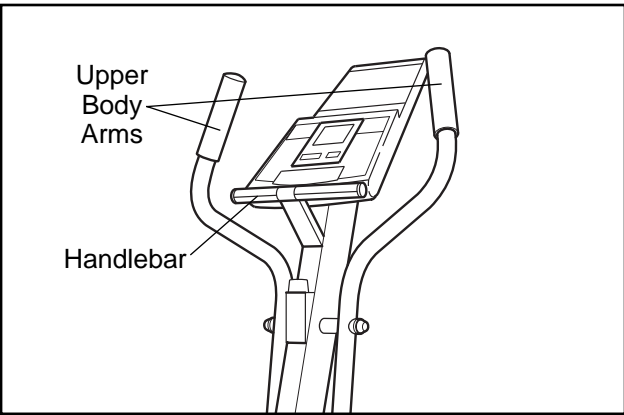
The incline frame can be raised or lowered to vary the intensity of your exercise. To raise the incline frame, lift the end of the incline frame until the crossbar is on top of the incline bracket. **Make sure that the incline frame is resting securely on top of the incline bracket.** To lower the incline frame, first lift the incline frame slightly. Next, push the incline bracket toward the upright and lower the incline frame onto the stabiliser.



## USING THE UPPER BODY ARMS

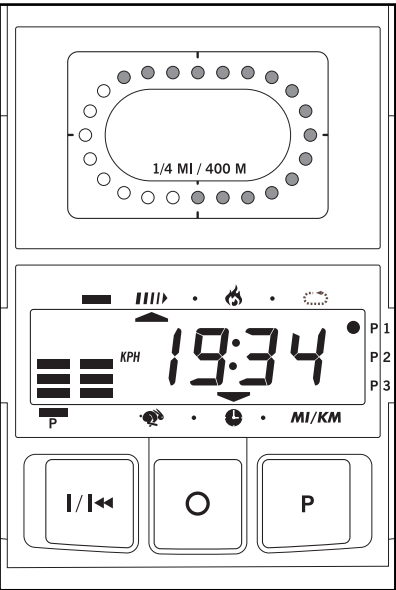
The upper body arms are designed to give you a total body workout. As you exercise, hold the upper body arms and move your arms forward and back in order to work your arms, back, and shoulders.

If you want to exercise only your lower body, hold the handlebar as you exercise.



## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you reach specific exercise goals by pacing your exercise. You can choose from a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. As you exercise, seven monitor modes will provide continuous exercise feedback. The monitor modes are described below:



- Speed**—This mode shows your exercising pace, in kilometres or miles per hour (see HOW TO SELECT KILOMETRES OR MILES on page 13).
- Time**—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.
- MI/KM** **Distance**—This mode shows the distance you have strided, in kilometres or miles.
- Lap**—This mode shows the number of laps you have completed. One lap equals 0.25 kilometres or miles.
- Calorie**—This mode shows the approximate number of calories you have burned.
- Scan**—This mode displays the above five modes, for 5 seconds each, in a repeating cycle.
- Pulse**—This mode shows your heart rate when the pulse monitor is used. (See step 5 on page 13.)